

<b>Sunday</b>	<b>Track</b>					
<b>Event No</b>	<b>Time</b>	<b>Event</b>	<b>Age</b>	<b>Round</b>	<b>Heats</b>	<b>Entry No</b>
T01	9.45	60m Hurd	Masters M/W		3	8-3.
T02	10.00	60m Hurd	Sen/U20/Vet W CE		3	10-3-2.
T03	10.10	3000m	Masters - W		1	6
T04	10.15	60m Hurd	S/U20/U18 M CE		3	17-2-3.
T05	10.35	60m Hurd	Vet M CE		2	9
T06	10.45	60m Hurd	U18W CE		2	9
T07	10.55	3000m	Masters - M		2	17
T08	11.15	400m	Masters - M/W		5	17-2.
T09	11.30	60m Hurd	U16G CE		3	17
T10	11.45	60m	Masters - M/W		7	31-11.
T11	12.00	800m	Masters - M/W		3	14-2.
T12	13.05	4 x 200m Relay	U14G	1	5	20
T13	13.25	4 x 200m Relay	U14B	1	3	12
T14	13.40	4 x 200m Relay	U18G	1	2	7
T15	13.50	4 x 200m Relay	U18B	1	3	13
T16	14.05	4 x 200m Relay	SM	1	2	9
T17	14.15	4 x 200m Relay	SW	1	2	6
T18	14.30	200m	Masters - M/W		7	27-2.
T19	15.00	1000m	Vet M CE		1	9
T20	15.10	4 x 200m Relay	U14G	Final	1	
T21	15.15	4 x 200m Relay	U14B	Final	1	
T22	15.20	4 x 200m Relay	U18G	Final	1	
T23	15.25	4 x 200m Relay	U18B	Final	1	
T24	15.30	4 x 200m Relay	SM	Final	1	
T25	15.35	4 x 200m Relay	SW	Final	1	
T26	15.40	1000m	Sen/U20/U18M CE		3	17-2-3.
T27	15.50	800m	U18W CE		2	9
T28	16.00	1500m	Masters - W/M60+		1	5-4.
T29	16.10	800m	U16G CE		3	17
T30	16.25	800m	Sen/U20W CE		2	10-2.
T31	16.35	800m	Vet W CE		1	3
T32	16.45	1500m	Masters - M		2	11
<b>Sunday</b>	<b>Field</b>					
<b>Event No</b>	<b>Time</b>	<b>Event</b>	<b>Age</b>	<b>Round</b>	<b>Heats</b>	<b>Entry No</b>
F01	10.00	Shot Putt	U18W CE			
F02	10.00	High Jump	U16G CE	2 beds	Bed 1	
F03	10.00	Long Jump	Masters - M/W			
F04	11.15	High Jump	S/U20/Vet W CE	2 beds		
F05	11.45	Long Jump	U18W CE			
F06	12.45	Pole Vault	S/U20M CE			
F07	12.45	High Jump	Vet M CE			
F08	13.00	Long Jump	U16G CE			
F09	13.00	Shot Putt	Masters - W			
F10	14.00	Shot Putt	S/U20/Vet W CE			
F11	14.00	High Jump	U18W	2 beds		
F12	15.00	Pole Vault	Masters - M/W			
F13	15.00	Long Jump	S/U20/Vet W CE			
F14	15.15	High Jump	Masters - M/W			
F15	15.30	Shot Putt	U16G CE			
F16	16.00	Shot Putt	Masters - M			
F17	16.00	Triple Jump	Masters - M/W			

Warm ups for HJ, LJ, SP - 2 attempts